

## LASER SKIN TIGHTENING

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### What Is Laser Skin Tightening?

Sun, skin disorders, aging and even heredity can all contribute to skin irregularities on the face and elsewhere on the body. These include textural irregularities like wrinkles and acne scars, pigmentation changes like freckles, sunspots or visible blood vessels. In addition, skin may lose tone, feel less firm and lose the healthy glow that is evident in younger skin.

Different treatment modalities are available to treat the different aspects of skin damage.

Laser can improve the appearance of fine lines and wrinkles of the entire face or those that develop in specific regions of the face, such as the upper lip and around the eyes. These treatments can also be used to address pigmentation disorders, such as sun and age spots, and they can be used to improve the appearance of acne scars or other skin conditions.

The specific type of treatment that will best address your concerns are determined after a consultation with your board-certified plastic surgeon. Most skin treatments require a series of treatments and a multi-modality approach to achieving excellent results. Most importantly, the patient must be committed to protecting his or her skin going forward so that the results achieved will be longer lasting.

The following are some examples of **skin tightening** treatment methods:

- **Laser & Intense Pulse Light Treatments**– used to remove discoloration and/or tighten sagging skin
- **Ablative Laser Treatments (Fractional, CO2 Lasers)** – remove outer layers of skin to smooth lines and wrinkles

Every patient is unique and will exhibit different combinations of genetic and environmental signs of aging that impact their skin. There are multiple ways to treat many of these issues, and

those treatment methods should be planned and discussed with your board-certified plastic surgeon based on your specific situation and desires.

The following are some of the conditions that different skin rejuvenation approaches can address:

- **Static wrinkles:** These wrinkles are always visible and do not change in appearance with facial movements
- **Dynamic wrinkles:** These are expression lines that may appear as folds when the skin is not moving, and deepen with facial movements or expressions
- **Scars:** As the result of acne or injury to the skin, scars may be rolling (a wavy appearance to the skin), pitted, discolored, or have raised borders
- **Vascular conditions:** Blood vessels visible on the surface of the skin, vascular lesions that appear as tiny blood-filled blisters or even a constant flush of facial redness
- **Loss of skin tone:** Weakening of the supportive skin structures (collagen and elastin fibers) that result in a loss of skin firmness or the development of cellulite
- **Dull skin:** Skin that has lost the vibrant glow from a buildup of dead skin cells and clogged pores

### **Who Is A Good Candidate For Skin Tightening?**

**Skin tightening** is an option for you if you:

- Are physically healthy
- Have a positive outlook and specific, but realistic, goals in mind for the improvement of your appearance
- Are committed to protecting your skin from further sun damage

### **What Should I Expect During A Consultation For Skin Tightening?**

During your **skin tightening** be prepared to discuss:

- Your goals
- Medical conditions, drug allergies and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Previous cosmetic treatments

Your surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Discuss your skin rejuvenation and resurfacing options
- Examine your face
- Take photographs
- Discuss likely outcomes of skin rejuvenation and any risks or potential complications

## **What Questions Should I Ask My Plastic Surgeon About Skin Tightening?**

Use this checklist as a guide during your **skin tightening consultation**:

- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

## **WHAT RESULTS SHOULD I EXPECT AFTER A Procedure?**

- To even out Blemishes, Discoloration, Uneven Skin Tone.
- It will Hydrate your Skin
- Reduction of Fine Lines and Wrinkles
- Reduce appearance of Under-Eye Dark Circle
- Reduce Blackheads, Clogging of Pores
- Hide Pigmentation, Melasma.
- For skin as its ingredients has Anti-oxidant, Anti-Ageing Vitamins to keep your Skin Healthy, Flawless & Glow
- It make your Skin Healthy and keep Glowing

## **Special Note About Sun Exposure**

Absolute sun protection is essential for the first year after any of these resurfacing treatments to prevent irregular pigmentation. Diligent sun protection for life will help to maintain your new, younger, smoother skin.

## **What Should I Expect During My Recovery After Skin Tightening?**

When your procedure is completed, you will be instructed on how to care for the treated skin. Depending on the treatment received, your skin can appearance can range from normal, to red and flaky, to blisters and scabbing from 1 day to 4 weeks. It is important to discuss your specific treatment plan and anticipated recovery time before you proceed with the treatment.

You should also be reminded about:

- The expected duration of your results

- Specific concerns to look for in treated skin
- When to follow up with your plastic surgeon
- How to best protect and maintain your results

### **Before & After Photo**



**Visual Animation**  [Adi care 007](#)

**FOR APPOINTMENT**

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